

In the Claims:

Please add new claims 77-88 as follows:

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77. (New) A fixture mounting structure, comprising:  
a first subassembly mountable securely to a support;  
a second subassembly attachable to the first subassembly; and  
an attachment for the second subassembly to coact with one end of an  
elongate member to manipulate the second subassembly,  
wherein the first subassembly and the second subassembly include a detent  
arrangement, and a first portion of the detent arrangement comprises a catch formed  
on an outer portion of a wall of one of the first and second subassemblies, and the  
second portion of the detent arrangement comprises a plurality of ridges on an inner  
portion of a wall of the other of the first and second subassemblies, and the plurality of  
ridges interface with the catch as the second subassembly is attached to the first  
subassembly.

78. (New) The structure of claim 77, wherein the catch is a groove .

79. (New) The structure of claim 77, wherein the catch is a ring.

80. (New) The structure of claim 77, wherein the attachment is selected from the group  
consisting of a socket and a protrusion.

81. (New) A method of releasably coupling a suspended subassembly to a relatively  
remote secured subassembly, comprising the steps of:  
coupling a tool to the suspended subassembly to release a first holding  
mechanism;  
applying a force to the tool to release a second holding mechanism; and  
withdrawing the suspended subassembly.

82. (New) The method of claim 81, wherein the step of withdrawing the suspended subassembly includes withdrawing the suspended subassembly from the secured subassembly.

83. (New) The method of claim 81, wherein the step of withdrawing the suspended subassembly includes lower the suspended subassembly.

84. (New) the method of claim 81, wherein the step of coupling a tool to the suspended subassembly to release a first holding mechanism includes releasing the first holding mechanism that holds together the suspended subassembly and the secured subassembly.

85. (New) the method of claim 81, wherein the step of applying a force to the tool to release a second holding mechanism includes releasing the second holding mechanism that holds together the suspended subassembly and the secured subassembly.

86. (New) A method of releasably coupling a suspended subassembly to a relatively remote secured subassembly, comprising the steps of:

coupling a tool to the suspended subassembly to release a first holding mechanism;

using the tool to register the suspended subassembly to the secured subassembly, thereby engaging a second holding mechanism; and

uncoupling the tool from the suspended subassembly, thereby engaging the first holding mechanism.

87. (New) the method of claim 86, wherein the step of uncoupling the tool from the suspended subassembly, thereby engaging the first holding mechanism includes engaging the first holding mechanism that holds together the suspended subassembly and the secured subassembly.

88. (New) the method of claim 86, wherein the step of using the tool to register the suspended subassembly to the secured subassembly, thereby engaging a second holding mechanism includes engaging the second holding mechanism that holds together the suspended subassembly and the secured subassembly.

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